

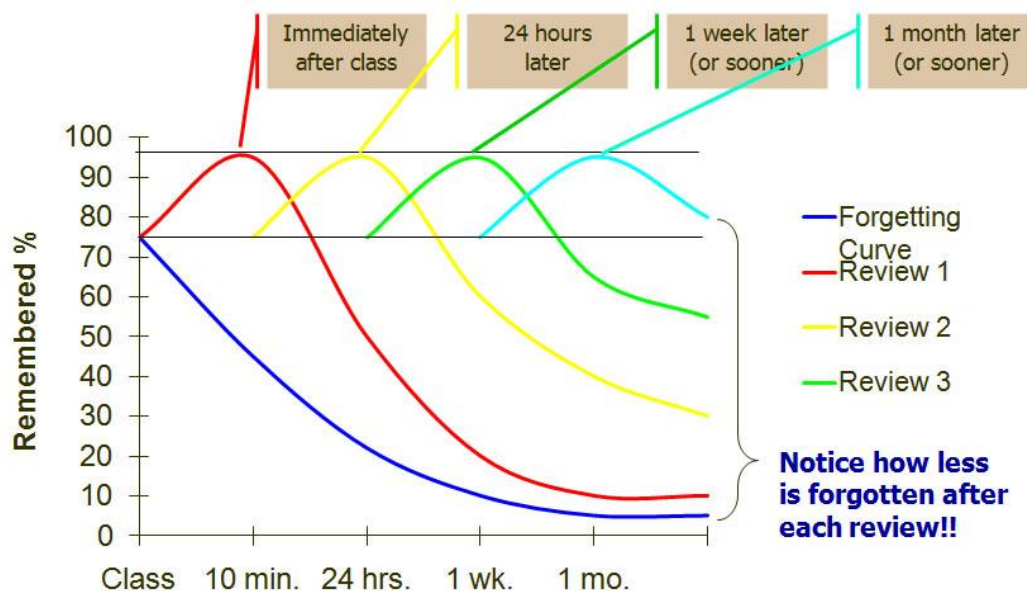
Success Tips

Keep your agenda up to date.

- It is essential to know when homework is due and when tests occur.
- Plan out when you will work and schedule your fun activities as well.
- Leave time to get help. Don't start the night before assignments are due.

Review regularly

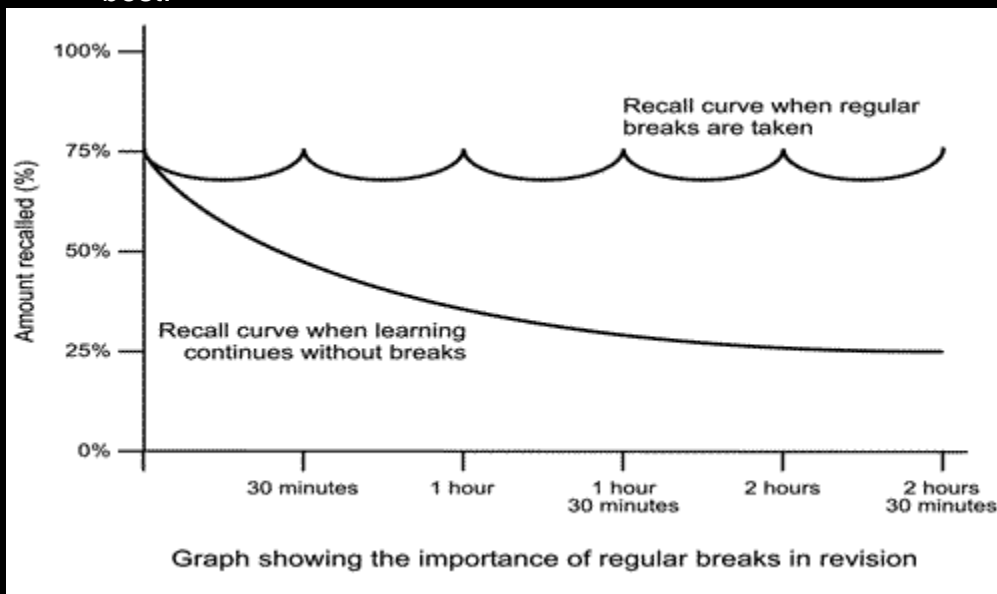
Overcoming the Curve



- We forget most of what we learn within 24 hours. We can remember much more if we review information at regular intervals. Do the assigned homework in class and the night it is assigned, then see Mr. Klaassen the next day after school if you have questions. At the start of class, ask again before we start the new topic, if needed.



- Write notes, vocabulary, or questions on cards/phone app and test yourself at the end of class, on the bus, when you get home or before bed. Many short study sessions are more effective than one long session.
- Take breaks when reviewing. **Never** play a game, watch a video or TV or go on social media during a break; do that when your reviewing is done. Always get up and move around during breaks, a 5-10 minute walk is best.



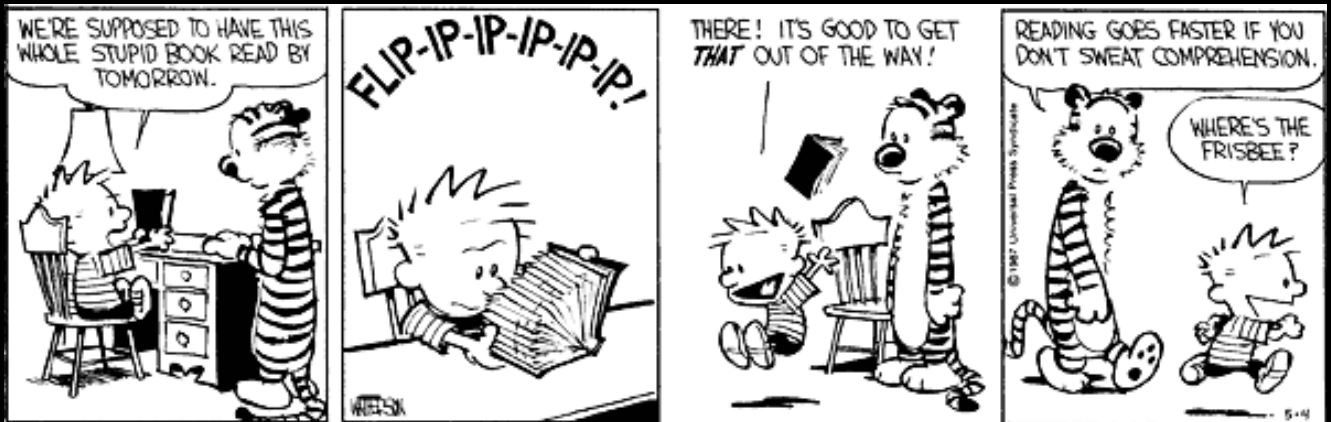
- Even just standing up and stretching can make a big difference to your ability to concentrate.

Read Ahead

- Read the section in the book or research online before the class. During the class focus on the sections that are difficult to understand. Ask questions on those sections.
- Previewing physics [videos](#) and discussing them before class and focusing on problems in class is sometimes called the flipped classroom.
https://en.wikipedia.org/wiki/Flipped_classroom

Write notes on your reading.

- Writing gets you involved with the material. Thinking about what is important in what you read helps you understand and remember.



Organize your notes.

Vocabulary terms and questions about the notes. Study by covering the notes with paper and testing yourself using the questions.

Notes or sample problem solutions

Summary or questions

Get some **sleep**, ranging from 7-9 hours depending on the person and your schedule. Have two alarms, one set for "time to stop what I'm doing and go to bed" and one set to get up with lots of time to eat and get to class. Try to keep to your schedule on the weekends.

Eat **healthy** foods – lots of fruits and vegetables, less fried and sugary foods.

Play a sport or go for walks. Check out [Churchill Athletics](#) or [YMCA](#).
Get **involved** with school [Clubs](#) or in the [community](#).

Have a **positive** attitude and a sense of humour.

Develop habits of joy and success that you will use your whole life.

Have a rewarding year!